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New York State Normal School

at

Cortland

SUMMER SCHOOL OF
PHYSICAL EDUCATION

1929

July 1—August 9

CORTLAND, NEW YORK



Danish Gymnastics—on Athletic Field

Cortland State Normal Summer School of Physical Education

Harry DeW. DeGroat, A.M., Ph.D., Principal

Walter F. Cobb, B.P.E., M.D., Director of Physical Education

Instructors

Mary W. Ball, teacher of dancing, Cortland State Normal School, Cortland, N. Y.

Walter F. Cobb, B.P.E., M.D., formerly State director of physical education, director of physical education, Baltimore Public Schools, instructor in physical education, Johns Hopkins University.

Paul W. Eckley, B.S., associate professor, department of hygiene and preventive medicine, and varsity coach, Cornell University, Ithaca, N. Y.

Leila V. Gunther, B.S., supervisor of physical education, public schools, St. Louis, Missouri

George F. Hendricks, A.B., B.P.E., department of physical education, Cortland State Normal School, Cortland, N. Y.

Frank K. Hoercher, director of life saving for American Red Cross, Washington, D. C.

Grace O. Johnson, Roslyn Public Schools, Roslyn, L. I.

P. J. Robinson, B.S., M.A., M.D., department of preventive medicine, Cornell University, Ithaca, N. Y.

Louise Jones, accompanist, Cortland, N. Y.

Paul Krimmel, G.G., director of physical education, Syracuse, N. Y.

Arthur Lynch, Notre Dame University.

Laura McMillen McPhee, A.B., formerly department of physical education, Cortland State Normal School, Cortland, N. Y.

Clifton McWilliams, A.B., A.M., department of education, Cortland State Normal School, Cortland, N. Y.

Francis J. Moench, B.P.E., head of department of physical education, Cortland State Normal School, Cortland, N. Y.

Marion L. Pfisterer, B.S., secretary to principal, Cortland State Normal School, Cortland, N. Y.

Marguerite Robinson, A.B., B.L.S., librarian, Cortland State Normal School, Cortland, N. Y.

Henry Wurth, G.G., director of physical education, Turn Verein, Schenectady, N. Y.

Additional Lecturer and Instructor

W. W. Mustaine, State specialist in physical education, Education Department, Albany, N. Y.

Summer Session

This announcement is intended to give detailed information to prospective students in the summer school of physical education, Cortland State Normal School.

For general information concerning the normal school and the work in its various departments during the academic year, the requirements for admission, etc., the general announcement should be consulted. The announcement will be sent gratis on application to the Principal, Cortland State Normal School, Cortland, N. Y.

Calendar

In order to get the full number of exercises announced for the summer session it is necessary that all work begin promptly on Tuesday morning, July 2nd. Students are urged, therefore, to reach Cortland in time to be present at the first exercise in each class.

| | | |
|--------|-------------------------------|---|
| July | 1, Monday, 9 a. m. to 5 p. m. | Registration. |
| July | 2, Tuesday | Instruction begins at time and place announced under each course. Registration continued. |
| July | 3, Wednesday, 10 a. m. | General meeting of all students — auditorium. |
| July | 5, Friday, 8 p. m. | Physical education reception — gymnasium. |
| July | 12, Friday, 8 p. m. | Students' hop — gymnasium. |
| July | 19, Friday, 8 p. m. | Stunt night — auditorium. |
| July | 26, Friday, 8 p. m. | Students' hop — gymnasium. |
| August | 2, Friday, 8 p. m. | Students' hop — gymnasium. |
| August | 9, Friday | Summer school closes. |

Special and public exercises in connection with the summer school will be announced from time to time during the session. General assembly will be held Tuesdays and Fridays.

Objects

The primary object of the summer session in physical education is to advance physical education by helping those engaged in it. The instruction is adapted to the needs of the following classes:

1 Directors, supervisors and instructors of physical education in the public schools.

The program is so arranged that those who teach physical education may select such courses in theory and practice of physical education as may meet their individual needs.

2 College or normal school graduates who desire to specialize in physical education.

3 For undergraduates in physical education who wish to do special work or make up existing deficiencies. Conditions of receiving credit and amount which may be obtained are stated below.

4 For teachers in service, whether in a special field or general field of education, who care to take advantage of special courses in physical education.

5 The school is not open for admission to high school graduates. They are advised to enter the regular course beginning September 10th.

Admission

Persons enrolling for courses in physical education should make certain by correspondence or conference that they have such high school training, or other training and experience, as will thoroughly qualify them to carry forward the courses which they may wish to enter. All applicants for admission should write immediately to H. DeW. De Groat, Principal, State Normal School, Cortland, N. Y.

Tuition and Fees

Tuition in any of the courses following is free to admitted students who are residents of New York State and who have been so for at least one year. Others will pay a tuition fee of \$40, whether one subject or more is taken. In some of the courses a fee to cover the cost of materials used and special instruction will be charged. An incidental fee of \$5 is charged all students in physical education. Fee cards must be procured at the time of registration.

Tuition and all other fees are due at the time of registration.

No student will be allowed to carry more than 9 hours.

Registration

All students are required to register at the office of the principal. They register on Monday, July 1st, between 9 a. m. and 5 p. m., or upon the day they arrive in Cortland, not later than Wednesday July 3rd. Admission to classes is restricted to duly registered students. Sessions will be held Saturday, July 6th. No change in courses will be allowed after Saturday, July 6th.

Classes begin Tuesday, July 2nd, at 8 a. m. Thereafter the principal's office is open from 9 to 4.30 every day except Saturday, when it closes at noon.

Attendance

Students are expected to attend their classes regularly. For more than two unexcused absences, students may be dropped from a course and no credit given.

Costumes

Women *must* provide themselves with all-white middy blouses (no colored collars), black or dark blue bloomers, black *cotton* stockings, black ties and white tennis shoes.

Uniform bathing suits are required. A one piece, gray suit with skirt will be furnished for \$2.00. The suit should be ordered at least

two weeks in advance of the opening of school, and remittance made at the time of the order.

Men *must* provide themselves with quarter-sleeve tennis or gymnasium shirts, long Turner trousers (dark blue or black) and white tennis shoes.

Physical Examination and Medical Advice

The medical adviser will observe regular office hours at his office in the building.

In cases of illness or indisposition which involve absence from classes even for one day, students are expected to report immediately either in person, by telephone or by messenger to the medical adviser's office. For the convenience of the medical adviser such illness should be reported early in the day. Students who are indisposed but still able to attend classes should consult the medical adviser immediately in order that advice may be given and diagnosis of incipient diseases may be made promptly. Any student failing to report as soon as possible to the medical adviser any contagious or infectious disease will be regarded as guilty of a serious breach of discipline.

A student may at any time be requested to withdraw from the school if, in the opinion of the school authorities, the condition of his health is such as to make it unwise for him to remain.

The Cortland Hospital

The Cortland Hospital is one of the most completely equipped and attractive institutions of its kind located in any of the smaller cities of the State. Students of the summer school will have all the privileges of admission to the hospital, paying no fee in advance. They are, however, liable to regular charges for services rendered. The net profits from the "Stunt Night Show" will be used to defray in whole or in part any necessary hospital expenses that students may incur.

Cost of Living

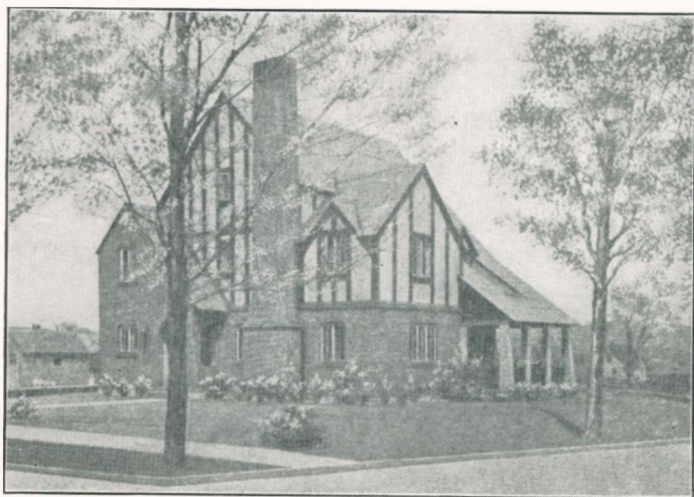
Room and board can be secured in private homes in Cortland for \$8.00 a week up, when two share the same room. Individual rooms can be obtained at prices ranging from \$3.00 to \$4.00 a week. For roommates, the price may be reduced to \$2.50 each.

The Theta Phi Club House and the Alpha Delta Club House, which are pleasantly located and very desirable as places to live, are available for girls. The rates for rooms range from \$3 to \$4 a week.

Cortland has several excellent restaurants charging moderate prices. There will be served in the school cafeteria an excellent midday dinner at 40 cents. A good breakfast is also served.

The Library

The school has a library of more than 14,000 volumes. It is well stocked with general reference books. The reading room, which seats 72 readers at tables at the same time, is well equipped with current literary and professional periodicals.



Alpha Delta Club House



Theta Phi Club House

Railroad Routes

Cortland, a thriving city of 15,000 people, is situated midway between Binghamton and Syracuse on the Lackawanna Railroad. Sleepers may be taken from New York and Philadelphia without change. Cortland may also be reached by the Lehigh Valley from Elmira and Auburn. Connection is made with the main line at Sayre. Automobile trips may be arranged so as to reach easily Cornell

University, 20 miles away, Syracuse University, Colgate University and Hamilton College.

Building, Grounds and Equipment

The building of the Cortland Normal School is situated on a hill not far from the center of the city. It is located on a campus of more than 30 acres, giving a wonderful view of the seven valleys converging at Cortland. Toward Syracuse the valley for 18 miles is plainly visible on a clear day.

The building contains a large swimming pool and an unusual outfit of showers and dressing and locker rooms, also a special room equipped with hair-drying machines. Each student will be provided with an individual day locker as well as an individual gymnasium locker.

The athletic field has three tennis courts, a quarter mile track, a football field, a baseball diamond and a hockey field. Three outdoor basketball courts are available. Plenty of room is available for outdoor gymnastics. All the apparatus and equipment is the best obtainable and absolutely new and adequate in quantity.

Arrangements can be made for those who desire to take piano lessons, specializing in the music related to physical training, folk dancing, etc. For any such, three piano practice rooms fitted with new upright pianos are available without extra charge. The only charge will be for the lessons.

Arrangements can also be made for saddle horses and instruction in horseback riding if desired. About 20 horses are available.

Lectures, Excursions, Entertainments

Each Friday evening during the summer session, the students organize dances and entertainments for those connected with the school. The annual stunt night, demonstration of the various practical phases of physical education, excursions to nearby places of interest are features of the summer entertainment program. A fee of \$1.50 is charged all students in physical education for social functions.

Time Schedule

| | |
|------|--|
| 7- 8 | History of education Physical capacity tests |
| 8- 9 | Elementary dancing Intermediate athletics Intermediate gymnastics Organization and administration Psychology |
| 9-10 | Advanced gymnastics Anatomy Intermediate dancing Physiology Plays and Games I and II Swimming |



Folk Dance Class on Outdoor Basketball Courts

- 10-11 Advanced folk dancing
 - Anatomy
 - First Aid
 - Intermediate apparatus
 - Swimming
 - Theory of play
- 11-12 Elementary gymnastics
 - Hygiene
 - Kinesiology
 - Principles of teaching
 - Special methods
 - Swimming
- 12- 1 Elementary apparatus
 - Individual gymnastics
 - Physical exercise for the physically handicapped
 - Physiology of exercise
 - Swimming
- 2- 3 Elementary folk dancing
 - Natural gymnastics
 - Physical capacity tests
 - Scout leadership
- 3- 4 Advanced apparatus
 - Athletics I
 - Swimming
- 4- 5 Advanced dancing
 - Athletics III
 - Swimming

COURSES

The courses are so arranged that they may be credited toward the work of the regular school leading to a diploma. At the end of the list of courses will be found the credit that can be given for the summer work toward the work of the regular school.

I. Professional

b. *Psychology*. Daily 8-9. Credit, two hours. Mr. McWilliams.
The original nature of man; reflexes, instincts, and capacities; laws of learning and of habit formation; acquisition of motor control; memorizing; efficiency and improvement; transfer of training; individual differences; mental measurement.

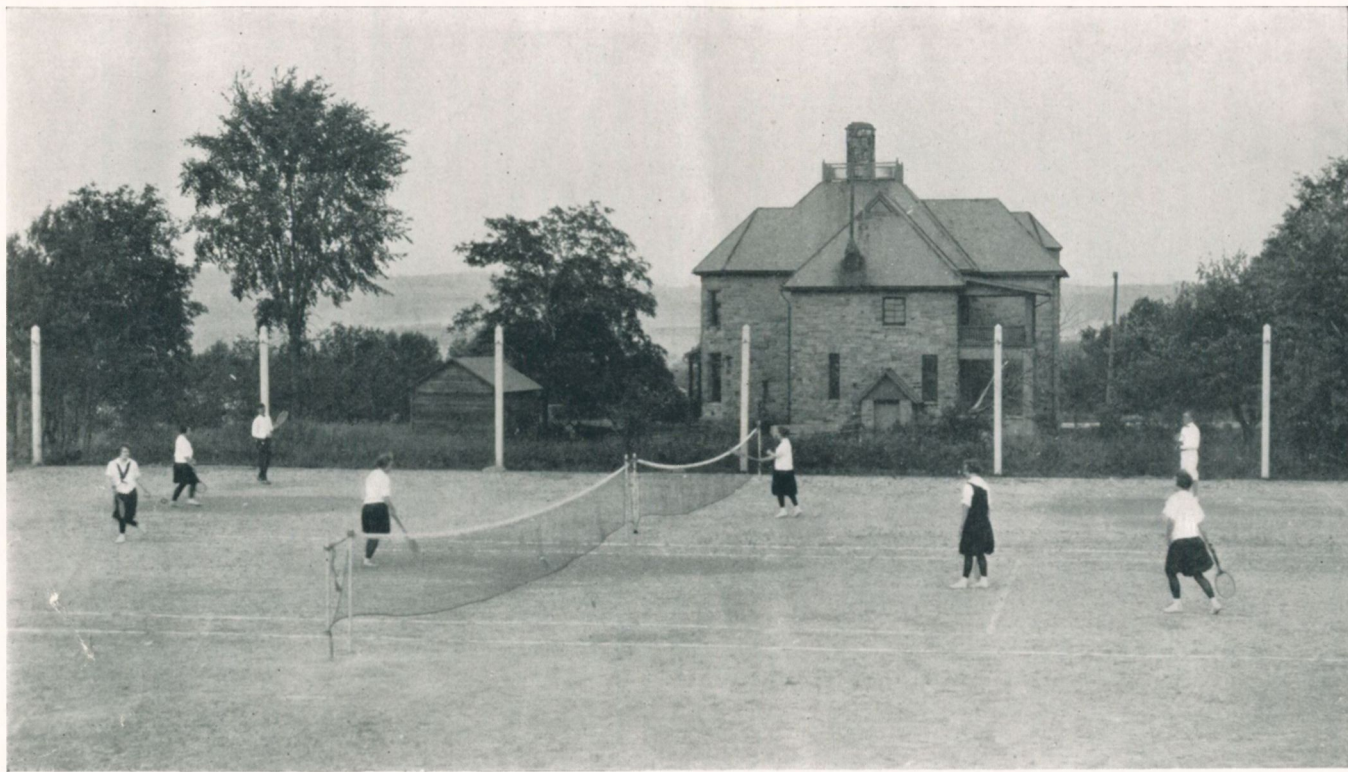
b. *History of Education*. Daily 7-8. Credit, two hours. Mr. McWilliams.

a. *Principles of teaching*. Daily 11-12. Credit, two hours. Mr. Brown.

A consideration of the problems of teaching, how to motivate study, cultivate interest, organize teaching materials, plan class work, select and solve problems, construct and present questions, drill, measure the results of teaching, etc., to make clear the principles which are fundamental to efficient instruction.

b. *Special methods of teaching*. Daily 11-12. Credit, two hours. Dr. Cobb.

This course will include the theory of teaching gymnastics and calisthenics, gymnasium tactics, and apparatus work; the pedagogical principles involved in calisthenics or drills, the physiological principles, general order of exercise in a drill, factors which should guide



Tennis Courts East of Building

in the selection of exercises; how to write a drill and how to plan gymnastic lessons for use in the elementary schools; the principles of posture.

The methods of teaching physical training, observation and criticism, and the actual presentation of assigned work will be included in this course. Work adapted to rural schools will receive special emphasis.

b. *Organization and administration.* Daily 8-9. Credit, two hours. Dr. Cobb and Mr. Krimmel.

This course will deal with problems in organization, administration and supervision of physical education in elementary schools and junior and senior high schools. Discussion of problems in city, state and national physical education legislation will be taken up.

Physical exercise for the physically handicapped. Daily 12-1. Credit two hours. Dr. Cobb.

The content of this course will be concerned with the organization and administration of educational activities for cripples, undernourished and deaf. It will deal with those having defective sight and speech. It will be concerned with home visiting, cardiac cases and other problems of a physical nature.

II. Technical

a. *Anatomy and Histology.* Lectures and laboratory. Daily, 9-11. Credit, four hours. Mr. Eckley.

In this course the various tissues and organs of the human body will be studied briefly in their minute structure in the laboratory. This work will be supplemented by lectures illustrated with charts and lantern slides. Demonstration of specially prepared microscopic sections including a brief consideration of embryology will be included.

Anatomy in its gross aspect will be presented through the medium of charts, models, diagrams, lantern slides, museum preparations and living models, the chief purpose being to familiarize the student with the anatomy of the body as it presents itself to the teacher of physical education.

b. *Physiology.* Daily 9-10. Credit, two hours. Dr. Robinson.

Anatomical and physiological understanding of the life functions, as carried on by the human body.

Physiology of exercise. Daily 12-1. Credit, two hours. Mr. Krimmel.

Nature and significance of the processes taking place in the body during muscular exercise and general effects of exercise upon the various systems of the body.

b. *Hygiene.* Daily 11-12. Credit, two hours. Mr. Eckley.

This course consists of lectures, required readings, discussion and written quizzes. The general laws of health will be discussed, including the essentials of personal, mental, sex and school hygiene, and public health.

a. *First Aid.* Daily 10-11. Credit, two hours. Dr. Robinson.

The principles and methods of first aid will be fully discussed and demonstrated, stress being placed upon the actual practice by the

student of the various procedures under the direct supervision of the instructor.

b. *Individual gymnastics.* Daily 2-3. Credit, two hours. Dr. Robinson.

This course includes the diagnosis, selection and arrangement of exercises commensurate with a person's age, strength, general constitution, and mode of living; the application of gymnastics to the ordinary physical handicaps of the bodily structure commonly found in the schools, such as round shoulders, flat chests, drooping heads, protruding hips, curvatures, etc. The principles and application of massage in connection with the object of treatment; physiological effects and general rules of massage.

Physical capacity tests. Daily, for two weeks 7-8 and 2-3. Mr. Moench.

The purposes of this course are:

(a) To provide physical directors and coaches with a technique for determining the general athletic ability of individuals, and for determining their physical fitness for specialized large-muscle programs to meet the physical needs of individuals.

(b) To outline the chief elements of a practical intermediate and secondary school physical education program to achieve fundamental educational objectives.

The instructor will use lectures, demonstrations and discussions and adapt the work to those who lack training in mathematics or statistics as well as to those who desire a more advanced treatment of the subject.

Scout leadership for boys. 32 hours 2-3. Credit, two hours. Mr. Hendricks.

The Normal School, in co-operation with the Boy Scouts of America, announces a leadership training course for men eighteen years of age or over who are interested in training boys by means of the Boy Scout program.

The course is designed to meet the needs of both experienced and inexperienced troop leaders. Special emphasis will be placed upon outdoor work, the patrol system, and the application of the project idea in the organization and operation of a troop. Emphasis will be placed upon practical activities, but there will be enough theory to make clear the fundamental principles of the Boy Scout Movement.

Scout leadership for girls. 16 hours, 2-3. Credit, one hour. Miss Johnson.

The course in scouting for girls will have as its general aim the intensive study of leadership as it applies to the organization of a Girl Scout Troop and the teaching and inspiration of its activities. All material required for the first three tests will be outlined. Some time will be given to the discussion of the objectives of the work, requirements of adolescent girls, and methods of teaching advanced activities, as well as sources of material and a general survey of the organization.

Kinesiology. Credit, two hours. Daily 11-12. Mr. Krimmel.

Practice

d. *Gymnastics elementary.* Daily 11-12. Credit, one hour. Miss Gunther.

This course includes elementary practice in marching tactics, free standing exercises, wands and dumb-bells.

d. *Gymnastics intermediate*. Daily 8-9. Credit, one hour. Miss Gunther.

A continuation of elementary gymnastics. A more difficult course than gymnastics II given heretofore. It includes marching tactics, free standing exercises, wands, dumb-bells, and Indian clubs.

d. *Gymnastics advanced*. Daily 9-10. Credit, one hour. Mr. Krimmel.

This course is designed specially for directors of physical training who desire to review practice work of a difficult nature and who desire special work in advance marching tactics, athletic dancing, or light apparatus.

Individual gymnastics. Daily 12-1. Credit, two hours. Dr. Robinson.

Natural gymnastics. Daily 3-4. Credit, two hours. Mr. Wurth.

The course will deal with really natural movements, studying the movement, thoroughly analyzing it, and directing the elementary movements necessary in daily life. Practical demonstration with special reference to the natural movements in athletics, games, sports, dancing, and gymnastics, as well as in industrial activities.

Plays and games. Daily 9-10. Credit, two hours. Mr. Lynch.

Demonstration, theory and practice of material suitable for school-room, gymnasium or playground, excluding the activities developed in athletics.

d. *Apparatus elementary*. Daily 12-1. Credit, one hour. Miss Gunther. Mr. Wurth.

e. *Apparatus intermediate*. Daily 10-11. Credit, one hour. Mrs. McPhee, Mr. Wurth.

All forms of elementary movements using the various pieces of heavy apparatus.

A progression from apparatus elementary, covering about the same apparatus as has heretofore been covered in the second and third years of work.

e. *Apparatus advanced*. Daily 12-1. Credit, one hour. Mr. Wurth, Mrs. McPhee.

A course specially designed for senior students and for physical directors who desire to re-establish perfect technique. This course should meet a demand for experienced teachers, for whom it is designed personally.

c. *Dancing elementary*. Daily 8-9. Credit, one hour. Miss Ball.

This course gives a thorough knowledge of the fundamental steps upon which dance technique is built, with the ability to execute well such steps as are common to all types of dancing. A number of elementary dances will be taught.

c. *Dancing intermediate*. Daily 9-10. Credit, one hour. Miss Ball.

A continuation of elementary dancing, adding difficult combinations and training in free coordinations. New dances of considerable difficulty will be given.

c. *Dancing advanced*. Daily 4-5. Credit, one hour. Miss Ball.
New material in classic, national and character dances for teachers, and at least one very difficult dance for personal improvement.

c. *Folk dancing elementary*. Daily 2-3, for last three weeks. Credit, one-half hour. Mrs. McPhee.

Progression from elementary folk dances. More difficult folk dances, including Morris and English Country dances. Attention will be given to community recreational activities.

c. *Folk Dancing Advanced*. Daily 10-11. Credit, one hour. Miss Ball.

This course should appeal specially to teachers of folk dancing and to physical directors inasmuch as it includes much material not heretofore presented and is designed specially for advanced students.

f. *Athletics elementary*. Daily 3-4. Credit, one hour. Mr. Lynch.

Theory and practice of track and field athletics.

f. *Athletics intermediate*. Daily 8-9. Credit, one hour. Miss Johnson.

Basketball and soccer theory and practice.

f. *Athletics advanced*. Daily 3-4. Credit, one hour.

Men:

Baseball. First three weeks, Mr. Eckley.

Football. Second three weeks, Mr. Eckley.

Basketball. First three weeks, Mr. Lynch.

Women:

Hockey. First three weeks, Mrs. McPhee.

Tennis. Second three weeks, Mrs. McPhee.

Swimming. Daily. Credit, one hour. Hours to be arranged.
Mr. Hendricks, Miss Johnson.

Swimming, advanced and diving. Daily. Credit, one hour. Hours to be arranged. Mr. Hendricks.

Fencing. Hours to be arranged. Mr. Wurth. Special fee \$5.

Students will be expected to provide their own equipment.

The handling of the stick and the elements of the game will be taught together with some of the theory of coaching.

ADDITIONAL COURSE

Archery. Daily, three weeks. Credit, one hour. Mrs. McPhee.

Life Saving. Daily last week. Mr. Hoercher, American Red Cross.

Students taking subjects marked *a* will meet the full requirements for the diploma course given during the year.

Students passing subjects marked *b* will be given half-credit for regular courses.

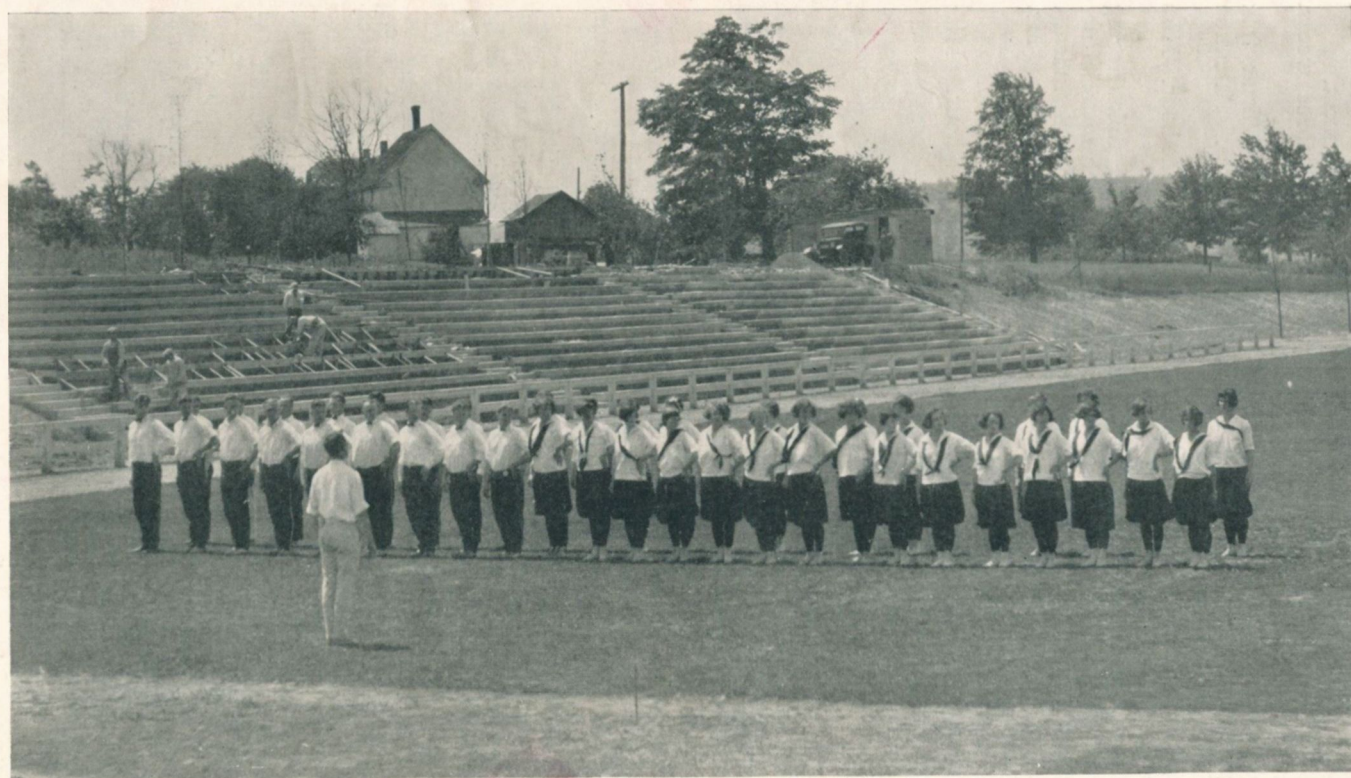
Any four courses marked *c* will give a year's credit in dancing.

The four courses marked *d* will meet a year's requirement in the regular course in gymnastics.

Two additional courses marked *e* will give a half year's credit in the regular course in gymnastics.

The three courses marked *f* will give one year's credit in athletics in the regular course.

All the special work in swimming, diving and life saving will be credited on the regular course.



Tactics class on Athletic Field—rear of Building